MARIETTA FAMILY YMCA
Group Exercise Schedule
740-373-2250

FREE TO MEMBERS! The classes listed are all free to Y members. Program members may purchase a Group Exercise Class Pass for $55.00 that allows them to take unlimited classes each month. This pass expires one month from the date of purchase.

MONDAY – AM	TUESDAY - AM	WEDNESDAY - AM	THURSDAY - AM	FRIDAY – AM
5:45 – 6:30 **Step** Missy	5:45 – 6:15 **Cycling** Hilles	5:45 – 6:30 **Cardio Variety** Missy	5:45 – 6:15 **Cycling** Hilles	5:45 – 6:30 **Double Step** Missy
6:30 – 7:15 **Tone & Strengthen** Rhonda H	6:20 – 6:50 **Power-Up with Yoga** Hilles	6:30 - 7:15 **Yoga –** Rhonda H	6:20 – 6:50 **Core Power** Hilles	6:30 – 7:15 **Tone & Strengthen** Rhonda H
	7:00 – 7:45 **Cycling -** Roger		7:00 – 7:45 **Cycling -** Roger	
8:00 – 8:50 **Silver Sneakers** Marybeth 8:00 – 8:30 **Awesome Abs** Rhonda K 8:30 – 9:00 **Medicine Ball** Rhonda K	7:55 – 8:50 **Mat Pilates** Sharon	8:00 – 8:50 **Silver Sneakers** Marybeth 8:00 – 8:30 **Awesome Abs** Stephanie 8:30 – 9:00 **X-Plode** Stephanie	7:55 – 8:50 **Mat Pilates** Sharon	8:00 – 8:50 **Silver Sneakers** Marybeth 8:00 – 8:55 **Extreme Cycling/TRX Challenge** - Stephanie 8:00 – 8:30 **Awesome Abs** Christy 8:30 – 9:00 **Weights**- Christy
9:10 – 10:10 **Kick It** Stephanie 9:15-10:00 **Cycling/TRX** – Christy 9:15 - 10:00 **Power Gravity** Candy	9:15 – 10:15 **Lean Extreme** Stephanie	9:10 – 10:10 **Extreme Cycling/TRX Challenge** – Kerry Jean 9:15 – 10:00 **Power Gravity** Candy	9:15 – 10:15 **Lean Extreme** Stephanie	9:10 – 10:10 **Zumba** Marilyn 9:15-10:00 **Cycling/TRX** – Christy 9:15 – 10:00 **Power Gravity** Candy
10:00-11:00 **Water Aerobics** Pool		10:00-11:00 **Water Aerobics** Pool		10:00-11:00 **Water Aerobics** Pool
10:20 – 11:20 **The Body Shop** Marybeth 10:15 – 11:00 **Basic Gravity** Candy		10:20 – 11:20 **The Body Shop** Marybeth 10:15 – 11:00 **Basic Gravity** Candy		10:20 – 11:20 **The Body Shop** Marybeth 10:15 – 11:00 **Basic Gravity** Candy
	11:00-12:00 **Silver Sneakers** Marybeth	11:20 – 12:10 **Yoga** Marybeth	11:00 - 12:00 **Silver Sneakers** Marybeth	
MONDAY – PM	**TUESDAY – PM**	**WEDNESDAY – PM**	**THURSDAY – PM**	**FRIDAY - PM**
	12:00 – 12:30 **Chair Volleyball**		12:00 - 12:30 **Chair Volleyball**	
4:15 – 5:15 **One Step Ahead** Tiffany		4:15 – 5:15 **One Step Ahead** Tiffany		4:15 – 5:15 **One Step Ahead** Tiffany
5:00 – 5:30 **Awesome Abs** Stan		5:00 – 5:30 **Awesome Abs** Stan	5:00 – 5:30 **Strength Training** Missy	
5:30 – 6:30 **Muscle Madness** Hilles 5:45 - 6:30 **Power Gravity** Stan	~~5~~:40 – 6:10 **H.I.I.T. Boot Camp** Rhonda H	5:30 – 6:30 **Muscle Madness** Hilles 5:45 - 6:30 **Power Gravity** Stan	5:40 – 6:10 **H.I.I.T. Boot Camp** Missy	5:45 - 6:30 **Power Gravity** Stan
6:00-7:00 **Extreme Cycling/TRX Challenge** Stephanie	6:15 – 6:45 **Yoga** – Rhonda H	6:00-7:00 **Cycling/TRX -** Christy 6:30 - 7:30 **ZumFusion -** Wendy	6:15 – 6:45 **Yoga -** Missy	
7:00 – 8:00 **Night Moves** - Pool		7:00 – 8:00 **Night Moves** - Pool	7:00-7:45 **Zumba -**Missy	
7:15 – 8:15 **Yoga** - Carolina				

SATURDAYS 8:15 – 9:30 AM - **Super Saturdays**

mariettaymca.org
effective 11-3-14

MARIETTA FAMILY YMCA Class Descriptions

		Awesome Abs 30 minutes of core concentration to strengthen & define your mid section. A variety of instructors; all levels welcome, but be prepared to multi-task!	**Basic Gravity (GTS)** Use gravity and your body weight to create a personal workout focusing on core, arms and legs; for all fitness levels. Routines are same as Power Gravity, taught at a slower pace and progression. Orientation required before use. In the Fitness Center.
Body Shop Add energy and vitality to your life with this total-body "tune-up" designed for motivated and active seniors. It includes a variety of challenging and imaginative exercise to reach your "peak performance."	**Cardio Variety** 1st week – Cycling 2nd week – Interval training 3rd week – Circuit training 4th week – Interval training 5th week – Power intervals	**Chair Volleyball** The class immediately follows the Silver Sneakers class but is open to all seniors. The YMCA team competes quarterly with other chair volleyball teams. No experience needed.	**Core Power** Core Power - 30 minute class focused on strengthening abdominals, legs, and back muscles using Pilates exercises
Cycling Haven't ever tried cycling? Use this stimulating workout to burn calories and get your motor running. Classes held in the cycling room.	**Double Step** This is double the fun of the step class. It's a high-intensity, low-impact choreographed routine performed using two-step platforms. Step into better health.	**Extreme Cycling/TRX Challenge** Cycling class with intervals using TRX, kettlebells, strength and core circuits - off the bike.	**Extreme Outdoor Challenge** This class will meet outside utilizing various workout styles including; body weighted exercises, plyometrics and calisthenics.
H.I.I.T. Boot Camp High Intensity Interval Training. A non-stop, powerhouse workout using intervals to combine full body strength training with intense cardio bursts. Guaranteed to burn calories and get your heart pumping!	**Kick It** Kick calories, burn fat and feel the power of kickboxing. This high-energy, all over body workout is for participants of all fitness levels. From jabs to kicks, these classes allow you to do it all.	**Lean Extreme** Sculpt, tone, and shape up with resistance/cardio training at its best; it's an effective whole-body workout designed to make you as lean as can be.	**Mat Pilates** The Stott Pilates method with emphasis on breathing, precision, and flow of movement.
Medicine Ball You choose the weight size, we'll bring the intensity. The class targets all areas for strength and toning. You are going to sweat and raise the heart rate while having a "ball."	**Muscle Madness** Intervals combining strength training and short cardio bursts to focus on those hard to tone areas of arms, legs, & abs. All levels.	**Night Moves** This is a great workout in the deep and shallow water; toning and strengthening your body.	**One Step Ahead** This step aerobics class offers a moderate to high intensity cardio workout with easy-to-follow choreography that progresses' from basic step to combinations of patterns. Guaranteed to keep your heart and body a step ahead.
Power Gravity (GTS) A series of high intensity workouts using gravity and your body weight; including unique core and strength exercises with a specific focus on challenging muscle strength and endurance. Orientation required before use. In the Fitness Center.	**Power-Up with Yoga** Gain strength, flexibility, and stamina in this early morning, power-filled Yoga class. 30 minutes to get in, get strong, and start your day off on a positive stance.	**Silver Sneakers** This class is designed for all fitness levels. Exercises incorporate a chair into the workout, as well as "props" such as exertubes, weights, stretch bands, and more. Be prepared for a good workout and a great time.	
Super Saturday Lots of cardio, intervals, and abs to make an hour and half of workout fun. Workout changes weekly.	**Tone & Strengthen** This class focuses on strengthening and toning your upper body, lower body, and core while getting you ready to start the day off right.	**Water Aerobics** This is a moderate exercise class in the shallow water; moderate cardio and toning your abs & arms.	**Weights** A 30-minute class designed to give you the basics of free weight training and an effective routine that can be performed whenever you need some strength training. Held in the fitness center.
X-Plode A 30 minute, high intensity interval class taught with new fitness trends such as kettle bells, sand bells, and TRX training. Work your whole body, making it a fat-burning incinerator long after you are done with class. Held in the fitness center.	**Yoga** Yoga is a form of exercise that uses slow movements, stretching, and controlled breathing. It is good for increasing flexibility and balance, for relieving stress, and for relaxing.	**Zumba ®** A global lifestyle brand that fuses fitness, entertainment, & culture into an exhilarating dance-fitness sensation. Zumba classes are "fitness parties" that blend upbeat world rhythms with easy to follow choreography for a total body workout	**ZumFusion** A dance fitness class featuring aerobic fitness interval training with a combination of fast and slow rhythms and unique dance combinations to tone the whole body!

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